



Blueberry Crumble Cake

 Vegetarian

READY IN



75 min.

SERVINGS



10

CALORIES



299 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tsp double-acting baking powder
- ☐ 0.5 tsp baking soda
- ☐ 225 g blueberries fresh
- ☐ 250 g butter melted
- ☐ 2 eggs at room temperature
- ☐ 250 g cups flour plain
- ☐ 2 tsp spice mixed
- ☐ 1 tsp vanilla extract

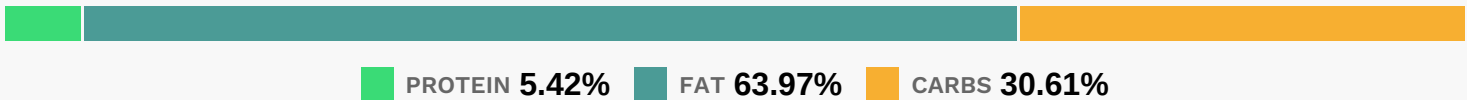
Equipment

- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ cake form
- ☐ wooden spoon
- ☐ skewers

Directions

- ☐ Preheat oven to 180°C/160°C fan/350°F/gas mark
- ☐ Grease the sides of a 25cm spring-form or loose-bottomed cake tin and line the base with baking paper
- ☐ Beat the butter and sugar together until they are pale and fluffy.
- ☐ Add the eggs and vanilla and beat well. Beat in the yoghurt, then add the sifted flour, baking powder and baking soda and stir gently until just combined. (The mixture will be a very thick consistency.)
- ☐ Spread into the prepared tin, sprinkle with the blueberries and then sprinkle the crumble topping over the top.
- ☐ Bake for about 50–60 minutes until the cake is golden and a wooden skewer inserted into the middle comes out clean. Stand for 15 minutes before turning out of the tin, then allow to cool before cutting. Store in an airtight container.
- ☐ Place all the dry ingredients in a large mixing bowl and stir well to combine.
- ☐ Add the melted butter with a wooden spoon until evenly combined.

Nutrition Facts



Properties

Glycemic Index:25.7, Glycemic Load:15.25, Inflammation Score:-5, Nutrition Score:6.7773912782254%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Petunidin: 7.09mg, Petunidin: 7.09mg, Petunidin: 7.09mg, Petunidin: 7.09mg Delphinidin: 7.97mg, Delphinidin: 7.97mg, Delphinidin: 7.97mg, Delphinidin: 7.97mg Malvidin: 15.21mg, Malvidin: 15.21mg, Malvidin: 15.21mg, Malvidin: 15.21mg Peonidin: 4.57mg, Peonidin: 4.57mg, Peonidin: 4.57mg, Peonidin: 4.57mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 298.97kcal (14.95%), Fat: 21.48g (33.05%), Saturated Fat: 13.2g (82.48%), Carbohydrates: 23.13g (7.71%), Net Carbohydrates: 21.85g (7.95%), Sugar: 2.44g (2.71%), Cholesterol: 86.49mg (28.83%), Sodium: 383.42mg (16.67%), Alcohol: 0.14g (100%), Alcohol %: 0.22% (100%), Protein: 4.09g (8.19%), Selenium: 11.49µg (16.41%), Manganese: 0.31mg (15.65%), Vitamin B1: 0.21mg (13.99%), Vitamin A: 685.46IU (13.71%), Folate: 52.08µg (13.02%), Vitamin B2: 0.18mg (10.73%), Calcium: 99.89mg (9.99%), Iron: 1.61mg (8.96%), Phosphorus: 83.86mg (8.39%), Vitamin B3: 1.6mg (7.99%), Vitamin K: 6.31µg (6.01%), Vitamin E: 0.82mg (5.49%), Fiber: 1.28g (5.11%), Vitamin B5: 0.3mg (3%), Copper: 0.06mg (2.88%), Vitamin C: 2.28mg (2.76%), Zinc: 0.36mg (2.38%), Magnesium: 9.37mg (2.34%), Vitamin B12: 0.12µg (2.01%), Vitamin B6: 0.04mg (2.01%), Potassium: 65.77mg (1.88%), Vitamin D: 0.18µg (1.17%)